

## Risk Assessment for Orienteering

Risk assessments are concerned with identifying the hazards (i.e. things which might go wrong or cause an accident/injury), evaluating the likelihood of a particular event occurring (i.e. level of risk) and putting measures in place needed to reduce or eliminate the risk.



|   |   |   |            |
|---|---|---|------------|
| <b>Name of Club / satellite club name / after school club</b> |   | Humberside and Lincolnshire Orienteers                                |            |
| <b>Name of person completing this form</b>                    | Brian Slater  | <b>Position of person completing this form (coach, organiser etc)</b> | Organiser  |
| <b>Venue for session / event / activity</b>                   | Belvoir Estate, Cleethorpes   | <b>Date for session / event / activity</b>                            | 26/5/2021  |
| <b>Name of person in charge of session / event / activity</b> |   | B Slater (Day organiser)  |            |
| <b>Risk assessment signed</b>                                 | <i>B Slater</i>   | <b>Risk assessment dated</b>  | 28/10/2018 |
| <b>Risk assessment checked by (name, position and date)</b>   | <b>Print name &amp; position (coach mentor, controller etc):</b> Controller Pete Harris |   |            |
|   | <b>Sign and date:</b>   |   |            |

|  |  |   |
|--|--|---|
| <b>Emergency access point (for emergency vehicles)</b> | <b>Post code / grid reference:</b><br>Registration, ACROSS FROM The Pear Tree Pub, oin wooded area. Grimsby Road, Humberston, DN36 4AH | <b>Place from which signed:</b><br>Same as reg./download                                  |
| <b>Nearest A&amp;E hospital:</b>                       | <b>Name and Post code:</b><br>Grimsby DN33 2BA (Scarcho Road) 01472-874111   | <b>Map available (where):</b><br>With organiser at Registration/Download                  |
| <b>Working telephone:</b>                              | <b>Landline or mobile:</b><br><b>If mobile (reception checked?)</b><br>Mobile reception available                                      | <b>Number:</b><br><b>07751 481332</b> (B Slater mobile)<br>07834 740176 (P Harris mobile) |
| <b>First Aid cover</b>                                 | <b>Name of first aider:</b><br>Brian Slater/Mary Carrick/Ken Hutson  | <b>Located where?</b><br>Online entry only  |

The Risk Assessment

It is essential that the mitigation column is completed in detail so that the control measures and who is responsible is fully understood in advance of the activity / session / event and that all staff / helpers are fully briefed.

**NB:** it is not sufficient only to put warnings in preliminary information as there is no way of being sure that all participants will have read them.

| Hazard – note under these headings (see suggested examples to consider)  | Possible outcome / injury including note on severity and likelihood of occurrence   | Mitigation <ul style="list-style-type: none"> <li>• What control measure?</li> <li>• Who is responsible?</li> </ul>   |
|--|---|---|
| <b>In area to be used (indoor / outdoor):</b><br>Outdoors<br>Traffic<br>Uneven surfaces on the course<br>Undergrowth/tree branches<br>Water/Buck’s Beck<br>Slippery surfaces | Low risk – medium/high severity<br>Low risk – low/medium severity<br>Low risk – low/medium severity<br>Low risk – low/medium severity<br>Low risk – low/medium severity | All courses will cross roads, competitors to be warned.<br>Competitors aware – all events have uneven surfaces<br>Competitors aware – not a significant issue.<br>Competitors to be made aware<br>Warnings to participants about slippery ground if required. |
| <b>Participants</b><br>Clothing/shoes/equipment<br><br>Unexpected reactions/allergies<br><br>Competitors not returning   | Low risk – low severity<br><br>Low risk – low severity<br><br>Low risk – high severity  | Competitors checked by Starter that they are correctly equipped.<br>First Aid Kit at registration, phone ambulance if required.<br>Register maintained of starters, search procedure implemented if required.   |

|  |  |  |
|--|--|--|
| <b>Other people/activities in area</b> |  |  |
|--|--|--|

|   |                                 |  |
|---|---------------------------------|--|
| Pedestrians/dog walkers/cyclists, etc                     | Low risk – low severity         | Competitors to be warned to take care running round corners, etc.<br>To be advised to look up frequently to avoid traffic and other collisions.  |
| Stranger Danger   | Low risk – high severity        | Competitors should give way to other users of footpaths and covered walkways etc.<br>Random Checks & ‘following’ when U16’s competing.   |
| <b>Weather</b>  |                                 |  |
| Bad weather (wet/cold)                                    | Medium risk – medium severity   | Check clothing is appropriate for weather. (Starter)<br>Cancel event if conditions poor.   |
| Heat  | Low risk – medium severity      | Advise participants to be hydrated. (Organiser)<br><br>Organiser (BS) to check weather forecast prior to event<br>(As at 28 <sup>th</sup> Oct, expected weather – Dry, 10°C – no problems anticipated) |
| <b>Equipment</b>  |                                 |  |
| Computer equipment  | Low risk – low/medium severity  | Cabling to be kept tidy, all connections to be secure.   |
| <b>ALL COVID 19 RULES AND RECOMMENDATIONS ADHERED TO.</b> | ADVISED BY BRITISH ORIENTEERING | A COPY IS PROVIDED.  |

## Examples of hazards with the potential to cause harm

**NB: this list is not exhaustive; nor will all these be present. It is given as an aid to the person completing the risk assessment.**

|  |  |  |
|--|--|--|
| <p><b>Area to be used: Indoors</b></p> <ul style="list-style-type: none"> <li>• Floor surface</li> <li>• Other equipment/obstacles</li> <li>• Shared use (dining room / other activities)</li> </ul>                             | <p><b>Area to be used: Outdoors</b></p> <ul style="list-style-type: none"> <li>• Uneven surfaces</li> <li>• Slopes/steps</li> <li>• Slippery surfaces</li> <li>• Tree roots/branches</li> <li>• Vegetation (prickly, stinging)</li> <li>• Wire / ruined fences</li> <li>• Walls to be climbed</li> <li>• Litter (glass, used needles)</li> <li>• Water (streams, rivers, ponds)</li> <li>• Cliffs / crags</li> <li>• Traffic (including road crossings)</li> <li>• Rail / tram lines</li> <li>• Mineshafts / caves</li> <li>• Military debris</li> </ul> | <p><b>Equipment:</b></p> <ul style="list-style-type: none"> <li>• Pencils in hand when running</li> <li>• Pin punches</li> <li>• Cane tops</li> <li>• Tent guys</li> <li>• Electrical equipment – cables</li> <li>• Generators</li> <li>• Cooking equipment</li> </ul> |
| <p><b>Participants:</b></p> <ul style="list-style-type: none"> <li>• Clothing / shoes</li> <li>• Existing medical conditions</li> <li>• Unexpected reactions/allergies</li> <li>• Disorientation</li> <li>• Tiredness</li> </ul> | <p><b>Other people / activities in area:</b></p> <ul style="list-style-type: none"> <li>• Walking dogs</li> <li>• Cyclists</li> <li>• Horse riders</li> <li>• Forestry operations</li> <li>• Park maintenance</li> <li>• Shooting / archery</li> <li>• Golf</li> <li>• Stranger danger</li> </ul>  | <p><b>Weather:</b></p> <ul style="list-style-type: none"> <li>• Cold / heat</li> <li>• Rain / snow / hail</li> <li>• Excessive wind</li> <li>• Lightning</li> </ul>  |